



Confirmation of Commitment / Apparel Sizing Team Washington - 2018 USA Games

I am a: (Check Box)

Athlete

Assisted Staff

Coach

UNIFIED Partner

Name: _____

Team Name: _____

I will be Participating in _____ (Sport) for USA Games.

I will be in attendance and present for the duration of Training Camp:

All USA Games Athletes, Coaches, UNIFIED Partners, and Assisted Staff, are required to attend Team Washington Training Camp. Camp will be from May 11th – May 13th and will take place in Renton Washington. Participants will be required to travel to and from Training Camp; meals, transportation, and hotel accommodations will be provided while the delegation is in Renton.

[Overnight stay is required for the duration of the Camp]

- **Begins:** Friday May 11th 10:00am
- **Ends:** Sunday May 13th 3:00pm
- **Location:** Renton Washington
- Red Lion Hotel and Conference Center

- Yes**, I will be attending and staying for the duration of Training Camp May 11th, 12th, and 13th
- No**, I will not be attending the 2018 Team Washington USA Games Training Camp

If **No**, please explain why;

I will be in attendance and present for the duration of USA Games in Seattle:

All USA Games Athletes, Coaches, UNIFIED Partners, and Assisted Staff, are required to attend and be present for the full length of USA Games, July 1st – July 7th in Seattle. Upon arrival Athletes will be housed in the University of Washington Dormitories and will be provided travel, meals, and lodging throughout the games. Athletes are required to stay with their Coaches and Teams for the duration of the Games.

- **Begins:** Saturday June 30th 10:00am
- **Ends:** Saturday July 7th 3:00pm
- **Location:** Seattle Washington
- University of Washington Seattle

- Yes**, I will be attending and staying for the duration of 2018 USA Games June 30th – July 7th
- No**, I will not be attending for the duration of the 2018 USA Games June 30th – July 7th

If **No**, please explain why;

I will commit to maintaining and improving my health and fitness:

All members of Team Washington will participate in Fit 5, aiming to meet 3 goals:

Please Check the Following Boxes:

- I will commit to Drinking at least 5 bottles of water a day
- I will commit to Eating at least 5 servings of fruit and vegetables a day
- I will commit to Exercising at least 5 times a week

Team Washington athletes have received a Fit 5 trackers to record their progress. Coaches must communicate with their athletes every two weeks at minimum and submit data online.

All members of Team Washington are also invited to participate in a nationwide step challenge using their Movband. Team Washington members are challenged to take 1 million steps before July 1, 2018.

Apparel Sizing Information: (All Athletes, Coaches, Unified Partners)

Shirt Size: <input type="checkbox"/> Unisex <input type="checkbox"/> Women's <input type="checkbox"/> Youth <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL
Jacket Size: <input type="checkbox"/> Unisex <input type="checkbox"/> Women's <input type="checkbox"/> Youth <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL
Pant Size: <input type="checkbox"/> Youth <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL Waist Size: _____ (in.) Length: _____ (in.) Women's Size: _____

I _____, verify that the above information is accurate and true to the best of my knowledge. By signing below, I agree to the commitments listed above. I understand that I may be removed from Team Washington if I do not agree to these commitments.

Signature: _____

Date: _____

Guardian Signature: _____

Date: _____